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ABSTRACT OF THE DISCLOSURE

A sequentially or serial inflating seat cushion comprising at least three transversely aligned inflatable air bladders connected to a pump and timer. The air bladders are inflated sequentially, from front to back, over a period of approximately eleven seconds and simultaneously deflated to slowly pump blood upward in the legs thereby reducing blood pooling. Connected to the pump is a valve that keeps the air bladders inflated a selective amount of time. The cycle is then repeated continuously. Located adjacent to the back air bladder is a transversely aligned, non-inflating seat section which continuously supports the user's ischial tuberosities to prevent slippage over the seat. An alternate embodiment offers a split seat option with six inflatable bladders.